

1 **What is claimed is:**

2 1. A method for calculating the dietary supplement profile for an individual comprising:
3 a) a health questionnaire completed by the individual,
4 b) comparison of the questionnaire information to a standard health profile in a
5 computer data base,
6 c) the generation of a dietary supplement profile based on the individual's health
7 information listing the vitamins, minerals, amino acids, enzymes, herbs and other
8 nutritional supplements suggested for optimal health and wellness.

9 2. The method for calculating the dietary supplement profile of claim 1, further
10 comprises the addition of information provided by a physical examination.

11 3. The method for calculating the dietary supplement profile of claim 1 further
12 comprises the addition of information provided by laboratory studies.

13 4. The method for calculating the dietary supplement profile of claim 1, further
14 comprises a list of commercially available products that provide the dietary supplements listed
15 in the profile.

16 5. The method for calculating the dietary supplement profile of claim 1, further
17 comprises a plan for weight management.

18 6. A process for calculating the dietary supplement profile for an individual comprising
19 the steps of:
20 a) completing a health questionnaire by the individual,
21 b) comparison of the questionnaire information to a standard health profile in a
22 computer data base,

c) the generation of a dietary supplement profile based on the individual's health information listing the vitamins, minerals, amino acids, enzymes, herbs and other nutritional supplements suggested for optimal health and wellness.

7. The process for calculating the dietary supplement profile of claim 6, further comprises the addition of information provided by a physical examination.

8. The process for calculating the dietary supplement profile of claim 6, further comprises the addition of information provided by laboratory studies.

9. The process for calculating the dietary supplement profile of claim 6, further comprises a list of commercially available products that provide the dietary supplements listed in the profile.

10. The process for calculating the dietary supplement profile of claim 6, further comprises a plan for weight management.